#### **Senior Center Gazette** March 2005



# **INTERNATIONAL** FOOD FESTIVAL

# Wednesday, March 2, Noon \$6 Senior Center Members

\$7 non-member seniors \$8 "youngsters" under 55 Join us for the Annual Senior Center International Food Festival with delightful dishes from many different countries. Purchase your tickets early. Call the Senior Center 790-6600 Office at for information or if you would like to sign up to donate food from your favorite country.

## March Birthday Party Fri., March 11, 1:30 pm

As requested by many, Bob Madsen, Singer, will be performing. Drawing prizes will be available for people who have a March birthday. Cake, ice cream, & coffee will be served. Prizes have been donated by Atria's Retirement Inn, Carlton Plaza, Cookies by Design, Kathy's Floral Design in the Walnut Plaza, Rose's Mortuary, and the Builder's Fund, which also provides entertainment.



St. Patrick's Day Celebration Thurs., March 17, Noon

Irish Entertainment Lunch - \$5 members \$6 - non-member seniors \$7 - "youngsters" under 55 Corned Beef & Cabbage Wear your Green!

#### FREMONT HUMAN SERVICES DEPARTMENT......574-2050 Coordination of services for homebound seniors......574-2041 Senior Center......790-6600 Senior Information & Referral......574-2041 Fremont Paratransit Program......574-2053 Multi-Purpose Senior Services Program (MSSP)......574-2050 Senior Peer Counseling......574-2063 Caregiver Support Program......574-2035 LIFE ELDERCARE......574-2090 Meals on Wheels......574-2092 Friendly Visitor Program......574-2097 Travel Escort Program......574-2096 AFGHAN ELDERLY ASSOCIATION......574-2059 ALAMEDA COUNTY WEBSITE.....www.alameda.networkofcare.org ALZHEIMER ASSOCIATION HOTLINE......1-800-660-1993 ALZHEIMER'S SERVICES OF THE EAST BAY......888-1411 BACS (Bay Area Community Services) DAY CARE CENTER.......656-7742 COMMUNITY HEALTH RESOURCE LIBRARY......494-7030 EAST BAY PARATRANSIT......1-800-555-8085 HEALTH INSURANCE INFORMATION SERVICE......1-800-770-9447 HOMESERVICES REGISTRY......574-2095 HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS)......494-4500 After hours......494-4505 LEGAL ASSISTANCE FOR SENIORS......1-800-393-0363 MEDICARE......1-800-952-8627 MEDICARE & INSURANCE COUNSELING (HICAP)......1-800-393-0363

TRI-CITY HEALTH CLINIC......713-6685

SENIOR LIBRARY SERVICES......745-1499 or 745-1491

SOCIAL SECURITY......1-800-SSA-1213

**COMMUNITY SERVICES** 

# ANNUAL SENIOR CENTER QUILT SHOW



Tuesday, March 29 10 am-2:30 pm

Senior Center Quilters showcase their beautiful

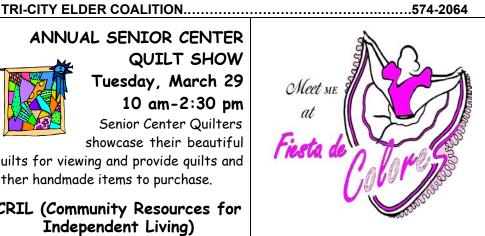
quilts for viewing and provide quilts and other handmade items to purchase.

CRIL (Community Resources for Independent Living) "CRIL Demonstrates Daily Living Aids for Seniors" Tuesday, March 1, 11 am

### AARP INCOME TAX HELP

Appointments are available for assistance with your Income Taxes until April 15. Sign up early for help on: Tues. at 10, 11 & 12, Thurs. at 9, 10, 11, & 12 Fri. at 1, 2, & 3 pm

ADULT SCHOOL CLASSES VACATION SCHEDULE Friday, March 25 & Mon., March 28 - Fri., April 1



### Thursday, May 5 6-10 PM Fremont Marriott Hotel

Don't miss the Human Services Fundraiser, "Meet Me at Fiesta de Colores" to help support the Senior Center and the Youth & Family Services Infant-Toddler Program. Dinner, musical entertainment, a silent auction, and raffle are all planned. Invitations are \$100 per person at the Senior Center Office. We are seeking Silent Auction Items - call Janice Anderman 790-6602 for information.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.